

Level up your cooking: make it tasty, trendy, and good for the planet!

Cook with plant-based proteins: Sustainable, nutritious, and delicious!

Using ingredients like tofu, lentils, chickpeas, and mushrooms helps reduce your carbon footprint and makes meals better for the planet.

- ✓ Lower emissions than meat
- ✓ Packed with protein and fibre
- ✓ Great for curries, burgers, bowls & more



Did You Know?



Lentils release nitrogen into the soil which help fertilise the earth as they grow!

Add flavour without meat: Spices are your superpower!

Get creative with smoked paprika, soy sauce, garlic, or nutritional yeast to bring out rich, savoury flavours.

- ✓ Mimic meaty taste
- ✓ Boost flavour without extra fat or salt
- ✓ Make your dish unforgettable

Did You Know?



Smoked paprika is often used to make plant-based bacon, it gives that classic smoky kick!

Make it look as good as it tastes: People eat with their eyes first!

Use colourful veggies, neat plating, and fun shapes to make your dish pop. A great-looking meal is more likely to be tried and loved.

- ✓ Adds fun to cooking
- ✓ Encourages picky eaters to try
- ✓ Makes sharing photos more fun!

Did You Know?



Studies show that colourful meals are rated tastier, even if the recipe doesn't change!

Final Cooking Tip

You don't have to be a pro chef to make a difference. Just start experimenting! The planet (and your taste buds) will thank you.